

2024 Roehl Wellness Calendar



ON THE ROAD TO HEALTHY LIVING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Race to Register for Virgin Pulse App	2 Anovia: Marshfield Main Office 8-10AM Maintenance 10-11AM	3 International Mind-Body Wellness Day	4	5	6
7	8 Time for Friends - Virgin Pulse Healthy Habit Challenge 8-14	9	10	11	12	13
14	15	16 Anovia: Marshfield Mill Creek 8-9AM Main Office 9-11 AM	17	18	19	20
21 Healthy Weight week 21-27	22 Rest & Recharge Sleep Challenge Begins	23	24	25	26	27
28	29	30	31			

February 2024

Monthly Health Observance
American Heart Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 National Wear Red Day	3
4 World Cancer Day	5	6 Anovia: Marshfield Main Office 8-10AM Maintenance 10-11AM	7	8	9	10
11 Random Acts of Kindness Week 11-17 Rest & Recharge Sleep Challenge Ends	12 Keep it Routine - Virgin Pulse Healthy Habit Challenge 12-18	13 4876	14	15	16	17
18	19	20 Anovia: Marshfield Mill Creek 8-9AM Main Office 9-11 AM	21	22	23	24
25	26	27	28	29		



March 2024

Monthly Health Observance
National Nutrition Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5 Anovia: Marshfield Main Office 8-10AM Maintenance 10-11AM	6	7	8	9
10 National Sleep Awareness Week 10-16	11 Mindful Minute - Virgin Pulse Healthy Habit Challenge 11-17	12	13 Let's Talk About Back Pain Learning Session	14 Prudential Pathways Webinar: Is your financial house in order?	15	16
17	18	19 Anovia: Marshfield Mill Creek 8-9AM Main Office 9-11 AM	20	21	22	23
24	25	26 Diabetes Alert Day	27	28	29	30 Doctor's Day
31						

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 Anovia: Marshfield Main Office 8-10AM Maintenance 10-11AM	3 National Walking Day	4	5	6
7 World Health Day	8 On Budget - Virgin Pulse Healthy Habit Challenge 8-14	9	10	11	12	13
14	15	16 Anovia: Marshfield Mill Creek 8-9AM Main Office 9-11 AM	17	18	19	20
21 South American Adventure Team Step Challenge Begins	22 Earth Day	23	24	25 Marshfield Adopt- a-Highway Clean Up	26	27
28	29	30				



May 2024

Monthly Health Observance
Mental Health Awareness Month &
Osteoporosis Awareness and Prevention
Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7 Anovia: Marshfield Main Office 8-10AM Maintenance 10-11AM	8 Chair Massages at Marshfield Main Office	9	10	11
12 Women's Health Week 12-18	13 Device-Free Zone - Virgin Pulse Healthy Habit Challenge 13-19	14	15 Chair Massages at Mill Creek Office	16	17	18
19	20	21 Anovia: Marshfield Mill Creek 8-9AM Main Office 9-11 AM	22 Chair Massages at Gary Terminal	23	24	25
26	27	28	29	30	31 World No Tobacco Day	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 South American Adventure Team Step Challenge Ends
2	3	4 Anovia: Marshfield Main Office 8-10AM Maintenance 10-11AM	5	6	7	8 Family Health & Fitness Day Brain Games - Virgin Pulse Healthy Habit Challenge 8-14
9	10 Men's Health Week 10-16	11	12	13 Prudential Pathways Webinar: What you should know about life insurance.	14 Wear Blue for Men's Health	15
16	17	18 International Day of Yoga Virtual Intro to Yoga Class Anovia: Marshfield Mill Creek 8-9AM Main Office 9-11 AM	19 Marshfield Blood Drive	20	21	22
23	24	25	26 Prudential Pathways Financial Wellness Check-Up	27	28	29
30						

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 Anovia: Marshfield Main Office 8-10AM Maintenance 10-11AM	3	4	5	6
7	8 Bit of Everything - Virgin Pulse Healthy Habit Challenge 13-19	9	10	11	12	13
14	15	16 Anovia: Marshfield Mill Creek 8-9AM Main Office 9-11 AM	17	18	19	20
21 Tasty Twist Challenge Starts	22 World Brain Day	23	24 TeamRoehl 5/10K	25	26	27
28	29 International Self-Care Day	30	31 Biometric Screenings 7-9 AM			



August 2024

Monthly Health Observance
National Wellness Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 World Lung Cancer Day	2	3
4	5	6 Anovia: Marshfield Main Office 8-10AM Maintenance 10-11AM	7	8	9	10 Tasty Twist Nutrition Challenge Ends
11	12 Workout Time - Virgin Pulse Healthy Habit Challenge 12-18	13 TRANSPORT INC. Marshfield, WI	14 National Financial Awareness Day	15 Prudential Pathways Webinar: Financial Mistakes to Avoid	16	17
18	19	20 Anovia: Marshfield Mill Creek 8-9AM Main Office 9-11 AM	21	22	23	24
25	26	27	28	29	30	31



September 2024

Monthly Health Observance
National Suicide Prevention Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Anovia: Marshfield Main Office 8-10AM Maintenance 10-11AM	4	5	6	7
8	9 Loosen Up - Virgin Pulse Healthy Habit Challenge 9-15	10	11	12	13	14
15	16 Truck Driver Appreciation Week	17 Anovia: Marshfield Mill Creek 8-9AM Main Office 9-11 AM	18	19	20	21
22	23	24	25	26	27	28
29 World Heart Day	30				USDOT 074481 4-M-316161-001A	



October 2024

Monthly Health Observance
National Dental Hygiene Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Anovia: Marshfield Main Office 8-10AM Maintenance 10-11AM	2	3	4	5
6	7 Squash Your Goals Step Challenge Begins	8 World Mental Health Day	9	10 Flu Shot Clinic	11	12
13	14 Staying Thoughtful - Virgin Pulse Healthy Habit Challenge 14-20	15 Anovia: Marshfield Mill Creek 8-9AM Main Office 9-11 AM	16 Flu Shot Clinic	17	18	19
20	21	22	23	24	25 Wear Pink for Breast Cancer	26
27 Squash Your Goals Step Challenge Ends	28	29 World Stroke Day	30 Blood Drive	31		



November 2024

Monthly Health Observance

American Diabetes Month

Pancreatic Cancer Awareness

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 International Stress Awareness Day	2
3	4	5 Anovia: Marshfield Main Office 8-10AM Maintenance 10-11AM	6	7	8	9
10	11 Seriously Fun - Virgin Pulse Healthy Habit Challenge 11-17	12	13 Chair Massages at Marshfield Main Office	14 Prudential Pathways Webinar: Retirement, your next chapter: 0-5 years from retiring.	15	16
17	18	19 Anovia: Marshfield Mill Creek 8-9AM Main Office 9-11 AM	20 Chair Massages at Mill Creek Office	21	22	23
24	25	26	27 Chair Massages at Gary Terminal	28	29	30



December 2024

Monthly Health Observance
National Giving Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 12 Days of Wellness Challenge Starts	2	3 Anovia: Marshfield Main Office 8-10AM Maintenance 10-11AM	4	5	6	7
8	9 Step Away - Virgin Pulse Healthy Habit Challenge 9-15	10	11	12 12 Days of Wellness Challenge Ends	13	14
15	16	17 Anovia: Marshfield Mill Creek 8-9AM Main Office 9-11 AM	18	19	20	21
22	23	24	25	26	27	28
29	30	31				